

BRIDGES

FASHION:

Woman turns every day to the Internet for inspiration **P. 12**

FOOD:

There is nothing scary about making monster cookies **P. 20**

GARDENING:

Standout gardens from a tour of Ireland **P. 22**

WEDNESDAY, OCTOBER 28, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



ARTHUR
SLADE

FRIGHT DELIGHT

WHY WE LOVE TO HATE
THE THINGS THAT SCARE US
P. 8

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

CARSON DEMMANS

Saskatchewan can be a strange place

I love strange things.

This does not mean that every thing I love is strange. In order to work someone from family members, I should clarify that my relatives are relatively normal. However, many things in Saskatchewan, past and present, are strange, and I find them fascinating.

My latest book describes 100 strange things about Saskatchewan, and is filled with surprising, strange Saskatchewan. It is the third book of original cartoons that illustrator Jason Sylvester and I have produced about Saskatchewan.

Many people think that Saskatchewan is boring, but Jason and I disagree. We find it interesting, as there is the two volumes in our *You Might*

Be From Saskatchewan. If *Strange Saskatchewan* is also funny, but it is also true, and the cartoon range from an explanation of why farmers don't rotting cattle corpses in trees one spring, to the common connection that a pro wrestler, a Playmate of the Month and the Prince of Wales have to Saskatchewan.

People may wonder why we decided to do this book in cartoon form. I have written comic strips and single-panel cartoons for more than 30 years and have made more than 1,000 sales to more than 20 art fairs and specialized features, including such well-known ones as *Denise* the Menace and *Skylock*. I'm a love cartoonist! I am also lucky

enough to work with an artist who can draw virtually anything, and has 30 years of experience doing everything from commercial art to self-published comic books to caricatures of people while they wait. If you come to one of our book signings, such as in the *Street* or one of our short appearances, Jason will even draw a free cartoon for you in the blank pages at the end of the book.

Plus, we heard that a guy named Ripley did pretty well for himself with the strange-but-true cartoon thing.

Strange Saskatchewan is available for \$14.95 at each retail book store in Orléans, Indigo, Chapters and McNally Robinson. It is also



Carson Demmans, left, and Jason Sylvester, author and illustrator of *Strange Saskatchewan*, at a book signing.

available online at amazon.ca. I also recommend you check out our book, as well as a great selection of books by other Saskatchewan authors, at SK Books and Collectibles in Regina.

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INDEX

ON THE COVER P. 4



Anne Rice, who has written horror books for young adults for almost 20 years, quotes Stephen King when he says "The most frightening is the thing behind the door—the thing you can't quite see." **BRIDGES PHOTO BY LIAM RICHARDS**

TABLE OF CONTENTS

READ MY BOOK — 2

Author Carson Damiani and illustrator Jason Sylvester publish *Strange Suspects* review

COVER — 4

From ghost stories to carnival rides, a sense of safety is a prerequisite for fun when fear is involved. That's why we enjoy Halloween says University of Regina psychology Prof. Nick Cunniff. A brief sensation of fear is followed by delight.

IN THE CITY — 10

Liam Richards's photo that defines the week in Seaside

ELLE — 6

ON THE SCENE — 10

The PolishCops Princess & Paws Party show some of Seaside's youngest spots and joy to the Hank Kings Soccer Centre. Saturday

FASHION — 12

Kassandra Mickelson says she gets her fashion inspiration from Instagram

EVENTS — 14

CROSSWORD AND SUDOKU — 16

FOOD — 20

Food writer Renee Kottman's recipe for monster cookies

OUTSIDE THE LINES — 28

Each week Stephanie McKay creates a timely illustration meant to please children of all ages

GARDENING — 32

Residents of Ireland open their gates to a tour of their gardens

WINE — 32

A California family produces a pinot noir while what you should try

FASHION P. 12



Kassandra Mickelson says her favorite fashion is the 60s. **BRIDGES PHOTO BY LIAM RICHARDS**

BRIDGES COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

It seems so easy to write about some normal event and twist it a little bit to make it into a supernatural event. — *Arthur Slade*

HALLOWEEN

Fear for fun is a natural human interest

By Ashley Martin

Went Bonson is terrifying: It's not supposed to be trapping the looks of the *Brotherhood* itself, so it's on edge — not to mention he's searching for a ghost dog. This is 2012 Bonson, and 10-year-old Went has been thrust back in time through the hotel room. Went slowly opens the door to a room he hopes is recent. The heart on his neck breaks as he anticipates being found out. There's a moaning, a long shudder, and a big nose says "help me."

When Arthur Slade was 13 years old, he read his first Stephen King book.

It wasn't his first introduction to the horror genre — he'd read *They* (Dunbar) before that. When Slade was growing up in southeast Scotland, a haunting Providence during dark evenings of late-night horror movies on television was the most terrifying monster he encountered.

"Someone who's seven or eight years old, that was pretty scary to me," said the *Scalation* author. "I just couldn't turn away from them even though they'd sometimes give me nightmares."

He didn't watch them often, but the memories of the films stayed with him.

When Slade began writing horror (because he "wasn't good enough to be a heavy metal guitarist"), horror was a natural fit along with science fiction and fantasy.

"It seems so easy to write about some normal event and twist it a little bit to make it into a supernatural event," said Slade.

He's written nearly 30 books about half of them: *Scalation* for young adults, books whose plots include ghostly happenings in a New York school, stories in *B-G* and *ghosts of the flesh* through.

He aims to slowly build a story and avoid the "horror gross-out."

Something like *Psychic*, which is this psychological thing that slowly



Neil Gaiman, a University of Rhode Island psychology professor, has used scary events to study people's reactions to traumatic situations. www.fox.com

slowly, slowly builds, and actually it's a much more powerful reaction; you have when it seems that you're intelligent as you're watching it.

"I want them to make me believe that whatever's happening could real-

ly happen and then it becomes much more frightening," said Slade. Crafting horror fiction takes a fine balance.

"Stephen King talks about the thing that is the most frightening is

the thing behind the door," which becomes much less scary with everyday details.

"The writer's goal is to try to make it frightening without describing it too much and yet not

making it so grey that you don't know what's going on... Your imagination can imagine all sorts of really horrible things and if you're able to provoke that feeling, then you're successful."

I don't think we like fear unless we are pretty sure that we're actually safe.

— Nick Carleton

Illustration by [unreadable] and [unreadable]

The handle of an ice pick serves as a splint for Holly's leg, broken during her crash in the house of a man. The splintered house is jolting through the sky, her five friends here but to experience a fix. A nightfall has turned their fun under ground spectators into a nightmare. They're trapped deep inside the Apolitan Mountains searching for a way out of an unmapable cave, and Sarah wants the man to open the door — and it is dark, not for their individual headlamps, the light is one function on Holly's video camera provides some clue as to who's in the dark. Getting people something which failed to stay safe, a month later enters their bubble. The large, sharp-toothed figure begins to take a bite. It narrows up the roof of the cave, waiting to attack the group.

Being trapped inside a cave is scary enough, being prey to a cold, evil man, certainly is infinitely worse. Neil Marshall's *The Descent* is one of those horror films that makes you scream in your seat, never your eyes, shock of the screen.

This is why it was chosen for a 2010 University of Regina experiment. It was part of a research study on fear and anxiety in relation to trauma.

The very movie served as an analogy for a traumatic situation, individuals watched the film and were measured physically and emotionally before, during and after the screening to give an idea of how they'd respond to a traumatic event.

Fear is actually right now in the present," said Nick Carleton, a U of R psychology professor and co-director of the Anxiety and Illness Behaviour Lab. "It's the fear we're experiencing in the moment, it's when Chucky is standing right in front of us getting ready to attack us. Anxiety, on the other hand, is knowing when I open the door, Chucky might be in the living room waiting to attack us."

The hope for the experiment was that they could contribute to treating and treatment to help make people emergency workers, social workers and medical workers, the research more resilient in the face of



Joey Loughlin: Marion Cotillard as Marion in *The Descent*. The movie is powerful because the suspense builds and builds, says victim Arthur Sank.

real-life trauma, said Carleton.

Carleton and his research team did this study with two different films — 2005's *The Descent*, which is a story by Descent's creators, and 2011's *Grave Encounters*, about a reality TV crew filming inside an abandoned mental hospital.

"We prefer movies when we see movies because we're trying to study what happens when things go wrong," said Carleton. Both films have scary scenes unlikely to occur — a presentation to not re-examine the research subject.

Watching a scary movie for an entire is one thing. But why splash just for "fun" as I believe people have done in theatres in the last few decades?

"It really is that wholeness of being immersed in a situation that is very frightening and being able to experience it and then survive it," said Sank. "We know though it is kind of a catharsis from all that, you feel much more alive."

"I don't think we like fear unless we are pretty sure that we're actually safe," Carleton affirmed.

From ghost stories to carnival



Chucky King, better known as Chucky, which was made with a movie playing Jack Nicholson. Creating the kind of horror fiction King never takes a first interest. Arthur Sank says: [unreadable]

rides, safety is a prerequisite for fun when fear is involved.

"You might like going on the Drop of Doom, but you would probably like it far less if somebody simply pushed you off the top of a 13-story building," said Carleton. "The sensation at least at the beginning, is probably the same — but the end is quite different."

Just like, when you're watching a new movie, you can pause or leave the room and tell yourself it's not real.



Continued on Page 6

I had much more tolerance for it when I was younger than I do now that I'm older and I don't know what the difference is — Slade

The film induces fear: being locked in a room with a stranger, ordered to kill him or your family would die (the premise of the film) would also induce fear, but "my guess is no one would like that fear experience," said Charlotte.

"That's why we enjoy things like horror movies. It's also part of why we enjoy Halloween. You get that brief sensation of fear followed by the delight that you're actually quite safe."

It's like when a deer runs across the highway and you miss hitting it, and Slade: "After that, there's a lot of exhilaration. But nothing had happened. I survived."

"There's something about surviving the experience... You get to experience the fright, which is the same as riding around in one of those haunted house rides, except when you get off it you're fine," added Slade.

"I had much more tolerance for it when I was younger than I do now that I'm older and I don't know what the difference is."

...

Her long black dress, her giggles, nose, her cackling laugh and creaky voice: she has a legion of flying monkeys and mermaid tendencies, possessing a girl and her secret friends in a field of poppies.

The *Wicked* Winds of the West has been inspiring nightmares in children for decades. But Charlotte, who is almost three years old, isn't afraid of her.

"Flying through her creepy, illuminated Wizard of Oz book, she explores the story. When she gets to a drawing of the poodle of a witch, she quotes: 'Look! I'm smiling! I'm smiling!'"

Charlotte seems to have no fear, gazing casually at the TV screen, giving *Omigod Lookomg and Johnny Depp's* weird *Willy Wonka* a Tim Burton film that would give a grown woman pause.

Charlotte is on a witch kick, as her Halloween costume suggests, but her favorite story of all is not about witches.

"It's carps and 'will I be like you when I'm dead?' and her dad, Patrick."



Patrick took much to his daughter Charlotte. Patrick says Charlotte is one witch (as in Halloween appreciation) but her favorite story is not about witches. (Photo by TONY PUTNEY)

Kids show *Yo Gabba Gabba* played the record for Charlotte's spooky obsession a year and a half ago.

"I don't know if she just liked the word, or if she liked the flying bats or whatever, or the songs in that

episode and she started saying the word *Halloween* constantly," said Patrick.

Then, at the bookstore, they found *Alice Schwartz's* *In A Dark Dark Room*, which became Charlotte's fa-

vorite book.

"I read it to her in spooky voice," said mom Colleen, which is maybe why she liked it so much, Patrick speculates.

"That was probably the first

really creepy book, and she memorized it," said Colleen. "She'll read it out loud to herself — obviously not exact words but she knows the stories and she does her own spooky voices."

IN THE CITY

OCTOBER 24, 2013 — 9:13 A.M.

Entering a new chapter



Graduates of the University of Saskatchewan (left) in for fall convocation ceremony at TCU Plaza on Saturday. Photo: TCU Plaza

ASK ELLIE

Criticism and counter-attacks erode relationships

Q. Whenever my fiancée and I discuss future plans, she gets all defensive and accuses me of not really understanding her, or even loving her.

She needs a far more aggressive wedding than we can afford, yet thinks my concerns is criticism of her taste.

She's afraid, say I don't even know her, that she knows how to manage money, buys her own clothes etc.

Sense that when we discuss any purchase — a car, a condo, whether to live in a trendy part of the city or farther out where it's cheaper.

She'll crank up a ball of tears and say she's not greedy but knows what she needs to be happy and I'm trying to control her I've just lost.

I'm trying to avoid huge debt that I know we cannot manage.

Is this how it's going to be in an era of decision forever because she gets her own way every time?

Anonymous Bride

A. You, she's behaving unreasonably, so is likely also insecure — about the future, on how to balance your

Ask Ellie



different tastes.

It's clear she doesn't know how to fight fairly. So she gets aggressive by shouting or uses the pety approach by crying.

Perhaps, even though you're more realistic about your budget and what you two can afford, you may also not be adept at discussion and compromise — which is pretty normal for most couples at this pre-wedding/marriage stage.

But her defensiveness acts as a roadblock cutting off the ability for each of you to work through a decision.

You both need to take some responsibility here.

Years or so say you don't want to

be the gatekeeper to all future plans, and you agree you're always focused on the cost, so you'd prefer to look at the budget together and chart what's possible.

Give credit to recognize that she can't just keep pushing for more spending.

But some decisions have an emotional impact so, if she feels it's that important, she must accept that a "brandy" address means a smaller place and higher taxes. That agreed you can both decide if it's worth it.

Q. My husband of five years is very critical of me, about anything and everything. He seemed to think I was terrible when we dated but now I read he used to talk about my great "potential."

Well, he now doubts how I fit into his code my cockiness "hard-core," didn't deal with how I clean things and constantly questions my parent/ing of our toddler.

He makes me feel so belittled that I also doubt myself!

I don't want to break up my family

but how do I deal with all this criticism?

Critical Impasse

A. Two approaches are essential: To be 100% before his padlocks, and stop-doubting yourself.

So DEBOUT counterattack so that his every remark becomes a major argument at between you.

You need some confidence boosters to try to turn this dynamic around, if it's possible.

On parenting methods, you need support — it can be through a parents course or study group, a net work of friends experienced with raising kids, supportive and reasonable family members, etc.

On your own self-esteem, counseling essential so that his belief doesn't cause you to become depressed.

Tell him you're open to discussion but if attacking you is the only way he knows how to express an opinion, he too needs counselling or the marriage was lost.

Q. I really liked this guy. We had fun

and great sex. But when I went to his place, the sex turned me off!

Old talent food bones real scraps on counters, and even on his couch, dirty laundry on the bed etc.

I used to consider go there again could be cleaned at 300, banging out more of my place, his lack of person at hygiene became obvious.

He hardly brushes his teeth unless he's out, and he'll wear the same T-shirt for days.

I became disgusted with him and ended it.

Gratified Gnat

A. He showed no appreciation of the effect of his unclean habits on a partner.

He didn't test the sensitivity to you enough right to please you, to wear real your trying to educate him, for himself or the relationship.

Once you talk "diagnose," it was gone over.

It is an act to others to early end relationships.

It's important to check out how a person lives, not just how he/she looks.

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ON THE SCENE

POTASHCORP PRINCESS & PIRATE PARTY

The PotashCorp Princess & Pirate Party drew some of Saskatoon's youngest royals and rogues to the Hank Reys Soccer Centre Saturday.

The event raised money for Wide Open Children's Theatre, which teaches Saskatchewan and Alberta youth on shows for children.

Festivities included face painting, a pirate ship, a fishing pond and more.

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE



1. David Munk with granddaughter Haley Sorrente
2. Blida Pricen and Jersey Mercer
3. Lauren Sorrente plays in the bubble
4. Ashley Booth centre with Lily Bohn and Karmah Piddling
5. Dawn Ross and Jason Wilkinson
6. Pugh/Renchal left does the nats for Delta Normal
7. Play stations set up around Hink Days Soccer Centre
8. Zoraya Pricen was happy with the balloon crown
9. Amy Hughes was a 20 month old pirate
10. Parker Richehoff had the pants look working
11. Princess pose in a tower

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Above Your Expectations!

FASHION

SASKATCHEWAN FASHION

'A little bit tomboy, a little bit sexy'

By Sean

Trembath

When Cassandra McKelborough wakes up, she doesn't know what her day's ensemble will be. Farther than go plan, she hits the Internet for ideas. "I get inspiration from Instagram. That's where I got my outfit inspiration for the day," McKelborough says.

Her dark lipstick is a perfect example. She saw Rihanna wearing a similar shade and had to try it out. "The retail worker calls her style 'a little bit tomboy, a little bit sexy,'" She used to sacrifice comfort for beauty, but has since changed a little.

"Now I definitely dress more for comfort, especially with shoes," she says. Her favourite fashion is a '90s finding clothes that fit the idea, but some work, but McKelborough says it's worth it.

"I thrift shop a lot. I got a lot of hand-me-downs as well from my friends and even my mom," she says. She is fluid with her clothing combinations. Anything can go with anything else on the right day.

"I'm definitely a mix and match. McKelborough says.

One of the most important factors is what she is up to. A trip to a coffee shop calls for a completely different get-up than a night on the town.

"I definitely tailor my outfit to where I'm going that day," she says.



"I would call this street style. It's a little bit more modern with the mix." —Cassandra McKelborough

1. **HAT** "I actually got that dollar store in Vancouver. I wear this hat a lot. Hats are my basic accessory."
2. **SHIRT** Kit and Ace — She says this is an example of a piece she will wear in a variety of outfits. "I would definitely wear this shirt with huge denim pants as well."
3. **MESH TOP** Topshop
4. **PANTS** Free People
5. **SHOES** Material Girl — "These are the kind of heels I wear. Comfortable, chunky heels."



FASHION

Kasaneha Michikawa wore this outfit out for about the previous Friday night, with the exception of the shoes.

"I definitely like to wear colour too but all black is definitely something I gravitate toward. Black is easy," she says.

1. ONEPIECE "It's a hard one-down from a girlfriend. I honestly have no idea where it's from."

2. SHADES White Datsun

3. JEWELRY Aida, Topshop Alex and Alex Aides — "I wear those all the time."

4. SHOES Nike — "[Nike] is my favourite. I used to play sports a lot back in the day. That's where I still got a lot of my style from. Sporty throughout."



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EVENTS

MUSIC

Wed., Oct. 26

Avry Kain
Broadway Tavern,
715 Broadway Ave.

Tonyk Trio
Buds on Broadway,
817 Broadway Ave.

Roots Series: Nathan Rogers Trio
The Basement,
204 Fourth Ave. N.

HER
Vamp's Tavern,
804 Broadway Ave.

Mike Monoschick
Piggy's Pub and Grill,
1403 Myklyd Dr. N.

Thurs., Oct. 27

General Ernie's Pan Fried Blues
Crackers Restaurant & Lounge,
1-227 Peachtree Dr.

Vinyl Thrashers
Buds on Broadway,
817 Broadway Ave.

Gals & Buds w/ Me the Buds
Lucky Pals,
50 Campus Dr.

Big Sugar
O'Brien's Event Centre,
240 Second Ave. S.

Things We Never Did
Vamp's Tavern,
804 Broadway Ave.

Fri., Oct. 30

Fear of Knowing
Buds on Broadway,
817 Broadway Ave.

Jazz The Vellies Series: Joey DeFranco Trio
The Basement,
204 Fourth Ave. N.

Billy Bob
Army & Navy Club,
309 First Ave. N.



Fear of Knowing performs at Buds on Broadway on Oct. 30

Leese Ochs
Fairfield Senior Citizens' Centre,
103 Fairmont Ct.

The Skunkhole Trio
Amigos Centre,
2630 Eighth St. E.

Aaron and the Moonshiners
Toon Town Tavern,
2300 Fairlight Dr.

Xavier Bunk and the United Nations

O'Brien's Event Centre,
261 Second Ave. S.

New Jazzy Club w/ Lavagast and Violent Betty
Amigos Centre,
2630 Dufferin Ave.

Olson, Hahndorf and The Fops
Vamp's Tavern,
804 Broadway Ave.

Halloween Fright Night: Cover-puncher, League of Women and

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Jordan Weinhouse
Capital Music Club,
264 First Ave. N.

Who Made Who's a Tribute to J.C./DC
Galecki Dunes Casino,
204 Dakota Dunes Way, Whitecap

Penny Design
Piggy's Pub and Grill,
1403 Myklyd Dr. N.

Sat., Oct. 31

Sweater
Buds on Broadway,
817 Broadway Ave.

Blues Series: The Dead South
The Basement,
204 Fourth Ave. N.

Billy Bob
Army & Navy Club,
309 First Ave. N.

Halloween: Len Harrington
Nurture Legion,
3031 Louise Ave.

Ian Merriam
Micheli Robinson,
3030 Eighth St. E.

Starched Hollow Halloween
Music Festival: Loud and Funk,
Sobhy Tavern, Swamp, Vinyl, Alphas, Little Irish, Redwax and

Halloween: The Olorious One w/ Northside and Poor Young Things
Central Music Club,
264 First Ave. N.

Perot-Pot and the Hip Hop Highlights
Amigos Centre,
2630 Dufferin Ave.

Halloween for Humanity IV: Black Milk, Mike, The Wipes, 2x Leekman and Propagandi
Vamp's Tavern,
804 Broadway Ave.

Penny Design

Piggy's Pub and Grill
1403 Myklyd Dr. N.

Apolite Cruz
Don Tompa Cafe,
323 Second Ave. S.

Sun., Nov. 1

Acoustic Jam
Buds on Broadway,
817 Broadway Ave.

Mon., Nov. 2

The Blue Mules
Buds on Broadway,
817 Broadway Ave.

Jake Christensen
Vamp's Tavern,
804 Broadway Ave.

Tues., Nov. 3

Agent Orange
Buds on Broadway,
817 Broadway Ave.

ART

Hogart Museum & Credit Union Gallery
Until Oct. 30 at 105 Third Ave. W.,
in Eggert The Hopper, Pikes and

Portraits. Combined works in fabric and paint by a mother-in-law and daughter-in-law duo.

St. Thomas More Gallery
Until Oct. 30 at 1437 College Dr. An Exhibition of the Mr. Henry Loomy collection at St. Thomas More Gallery. Based on the life, work and writing of Anne M.

Art in the Centre
Through October at Purkaj's Centre, 105 Grepper Ave. Works by Art to Inspire, a local artist group.

Affinity Gallery
Until Dec. 5 at 813 Broadway Ave. Country Artists & the Owners of the Country: Art's Womans of This Land by Lash Merla Doran. Paintings recognizing women's special relationship with the land. In person Oct. 30, 7 p.m. to 9 p.m. Artist talk Nov. 7, 2 p.m.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

J & S Picture Frame Workshop
Until Oct. 31 at 127 Avenue Ave. At the End of the Day, pastels by Gloria Parker

Market Mall Playland Art Gallery
Until Oct. 31 at Market Mall, 2325 Proctor Ave. Playing with Picasso Prints, original prints from the Picasso banner project. In partnership with the Remo Modern Art gallery of Saskatchewan. The Beauty of Autumn, artwork by St. Luke School students, runs Nov. 1 to Jan. 2

Collector's Choice Art Gallery
Until Oct. 31 at 6250 First Ave. N. Northern Saskatchewan landscapes by Julie Gutsch and rural scenes by Dave Baum. Highly textured rural landscapes by Michael Lammert in gallery one and geometric abstract paintings by Melissa Charbonneau in gallery two, until Nov. 16. Works by gallery artists are also on display

The Gallery at Frances Morrison Central Library
Until Nov. 30 at 31 23rd St. E. Surfaces, urban photography, and Ron Cooley

SOVAP Art Gallery
Until Nov. 6 at 252 Third Ave. S. Imperfect, new sculptures by Marlene Toulouse

Centre East Galleries
Until Nov. 6 at The Centre, 3510 Eighth St. E. Art by the students of Imprint: David in the Royal Gallery, display by Imprint Photography in the Imprint Gallery, display by The Saskatoon Camera Club in the Sylvia and Cronin Galleries, display by The Saskatoon Public School Board in the Mapleton and Imprint Galleries. A display by the Royal Canadian Legion runs in the Jack Sully until Nov. 13

Station Arts Centre
Until Nov. 30 at 701 Railway Ave. S. Westwood: Two shows by Carol Mylly. River and Stars: Lisa and Matt Hatten

Gallery on the Bridge
Until Nov. 30 at Saskatoon City Hospital, Waterdown by Patricia L. Clarke



Andy Kim performs Oct. 26 at the Broadway Theatre

Western Development Museum
Until Dec. 6 at 2610 Lorne Ave. Canada: Day 1, from the Canadian Museum of Immigration at Mar 21 Explore Immigration: diverse personal Day 1 experiences, from Confederation to present day

Westview Studio & Art Gallery
Until Dec. 23 at 305 Tealuna Cres. W. New mixed media works by Gentile Elzabeth

Ukrainian Museum of Canada
Until Jan. 20 at 910 Tealuna Cres. E. Down Home, a journey through rural Saskatchewan, by photographer William DeJoy

FAMILY

Swag & Strail
Wednesdays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at Lawson Heights Mall. Classes consist of power-walking, body-sculpting moves using exercise tubing and a cooling-off for parents and babies. Preemptor at nurseries@books-

times.com. No classes on artist holidays

Stained Studios
Wednesdays, 1 p.m., at Centre Cinemas in The Centre. Choice of two movies each week. A family-friendly environment with lowered volume, dimmed lighting, a charging table and an outdoor parking lot, select theatres

Parkette Arts and the Fall Art Classes
Fall classes for kids of all ages. Learn to Heart Art, Mucky Apprentices, Journey in Art & I and Home is Where it's At. Information at parkettearts@gmail.com or on Facebook

Gutsy Climbs and Play
Daily, 10 a.m. to 6 p.m., in Bay 4 of 419 South Railway St. W. in Vancouver. Saskatchewan's newest indoor playground. For children up to age 12. Visit climbsandplay.com or their Facebook page

Pan Fantasy Indoor Playground
Daily at 1633C Quebec Ave. S. A play-

ground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two

Children's Play Centre
Daily at Lawson Heights Mall. A fun, safe environment for preschool children to play. Children must wear socks in the play area. Please note this is an unsupervised play area, and adults must play with and supervise children at all times

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different levels. Kids must wear socks in the play area

Scouters
Thursdays, 9:30 a.m. to 10:15 a.m., at Emmanuel Baptist Church. A drop-in indoor program for children ages 0-5 and their parents/caregivers. Information at scouters@ebpc.ca, annual@ebpc.ca or on Facebook

Parent and Toddler Yoga
Thursdays, 9:30 a.m. to 10:15 a.m.,

and/or Saturdays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-115 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at bridges@westviewyogagymnast.com, 306-361-4802

Breastfeeding Circle
Thursdays, 10 a.m. to 11:30 a.m., at Westwinds Primary Health Centre, 3311 Fairchild Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers

Singing with Sylvia: Halloween Howl
Oct. 26-30, 10:30 a.m. and 1 p.m., and Oct. 30, 7 a.m. at The Redfern 60/90 Butternut Ave. Celebrate Halloween with Sylvia Chue. An interactive concert with songs, action games and quality costumes. The evening shows a Family Glow Stick Party. Costumes are welcome. Tickets at 306-493-3611, art@redfern.ca or at the door

Boo Town
Oct. 30 at the Western Development Museum. Halloween Fun for the whole family. Costumes are welcome. Using sampling table, ghostly games and a mystery to solve. Admission at the door

Kid Yoga Classes
Ages five to 10 on Saturdays, 10:30 a.m. to 12:15 p.m. Homeschoolers ages five to 10 on Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 2-115 Third Ave. S. Classes taught by Nina Zetti. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at bridges@westviewyogagymnast.com

Continued on Page 16

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Happy Halloween! Jack-O-Lantern Art

Oct. 31, 1 p.m. to 4 p.m., at the Meadows in Valley Centre, 402 Third Ave. S. Paint a reusable jack-o-lantern using a jar and play some games. A fun event for all ages. Information at 366-595-0888.

Parental Partner Workshops: Yoga for Children

Saturdays, 1 p.m. to 4 p.m., at Birth Rhythms, 243 Third Ave. S. Instructed by Nina Zotti. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfrombirthways@gmail.com or call 366-361-6852.

Men and Italy Yoga

Mondays, 11 a.m. to 12:30 p.m., at Yoga Life, 216 Third Ave. S. Classes taught by Nina Zotti. Formed with intention to jump-start your week, tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at freedomfrombirthways@gmail.com.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 343 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at napregnayoga.com/yoga-pregnancy. No classes on stat holidays.

Canadian Light Source (CLS) Public Events

Mondays, 10 a.m. to 4 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Free admission is required. Call 366-517-3541, email outreach@lightsource.ca or visit lightsource.ca/outreach/public_events.php.

Prenatal Yoga

Mondays, 9 p.m. to 10 p.m., at Pregnancy and Parenting Health Centre, 343 Third Ave. S. Taught by a doula and certified yoga teacher. Information and a safe for all ages in pregnancy. Call 366-361-6843 or email margaretbry@gmail.com. No class on

stat holidays.

Nurture Yoga

Mondays, Nov. 2 to 6:30 a.m. to 9 a.m., at Birth Rhythms House, 655 Southside Street. It's a comprehensive childbirth education series to prepare you for the birth of your child. Information at birthrhythms.ca.

Stay a Night Play

Tuesdays and Wednesdays, 9:15 a.m. to 11:15 a.m., September through April. For children up to age five. Semi-structured, craft, snacks, storytime, toys, activities. Email stayandplayphoenix@gmail.com or visit the Facebook page.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNelly Robinson, 3100 Eighth St. E. For children ages three to five in the circle of three. Call 366-955-1477.

Read & Paint

The first Tuesday at 10:30 a.m., and Wednesday at 1:30 p.m., each month, at West Point Pottery, 210 Eighth St. E. Suitable for ages five to six. Each month features a different story, followed by a related painting project. Nov. 3-4, read *The Tooth Book* and make toothbrush holders. Register at 366-379-3275.

Playgroup

Monthly and seasonal events. Hosted by Phoenix Hearts Learning Community, groups of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camps, parties, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net or call 366-706-1888.

BRICKS & KIDS! Socktober

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in and around the area. Information for students to build unique creations, play games,



Support by Ron Cooley is on display at The Gallery at Phoenix Information Center Library.

and have fun using LEGO® bricks. Visit bricks-kids.com or call 366-979-2049.

Sacktober Public Library Programs

Ongoing daily programs for children and families. Find the calendar at sacktober.library.ca/node/1045.

SPECIAL EVENTS

Sacktober Farmers' Market

Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m. and Saturday 8 a.m. to 2 p.m. Farmers are in attendance. Tuesday to Friday, 10 a.m.

to 5 p.m., and Saturday and Sunday during market hours, food service and specialty shops are open. Information at sacktober@thefarmersmarket.com. Contact: 366-364-5262, sbfm@scinet.net.

Bagan Bazaar Store

Wednesdays and Thursdays, 11 a.m. to 3 p.m., at St. Paul's United Church, 454 Eighth Ave. S. These days, 11 a.m. to 5 p.m., at Prairie Sky Farmers' Market. Clothing for babies, children, men and women, and jewelry.

Maya's Carpet Binding

Wednesdays, 1 p.m., at Maya's United Church. Beginners and experienced players are welcome. For information call 366-531-251.

Learn to Crochet

Oct. 26, 5 p.m. to 7:30 p.m., in the Arts Barn at the Glen at Crossmount, south on Lorne Ave. An introduction to crochet. Participants will create something to take home each class. Registration information at events@crossmount.ca, [#### Brown Reflections Handbell Adult Community Choir](http://theglenatcrossmount.ca.</p>
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Rehearsals are Wednesdays, 6 p.m. to 7:30 p.m., at Marcus United Church. New singers are being recruited to perform sacred and secular repertoire. Call 366-374-103 or e-mail elizabeth@sasktel.net.

Musical Concert

Oct. 28, 7:30 p.m., at St. John's Cathedral. New and experimental music by the ensemble Motion! features Helen Prinslow, violinist; Nadia Prinslow, violinist; and Richard Harnley, joined by cellist Lesimo Zacharia. With works by Canadian composers N. Abram, Jordan Hobbes, Robert Lemay, Duff Campbell, Martin Woodwell and American composer John Cage. Admission is pay-what-you-can at the door. Information at 366-361-1088, andrew.haring@gmail.com.

Go Burnham

Oct. 28, 8 p.m., at TCU Place. The stand-up, musical and theatrical comedy performs on his *Make Happy Tour*. Tickets at 366-575-7799, tcdtickets.ca.

Country Farms Marketplace at Confederation Mall

Thursdays and Saturdays until Christmas, 10 a.m. to 4 p.m., across from Union Market at Confederation Mall. An outdoor marketplace featuring home-cooked lunch, fresh vegetables, ice cream, desserts, bread, farmers' sausage, cabbage rolls, preserves, squares, pies, preserves, handcrafted items and home-based business vendors.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Caper Bowl

Thursday, 12:30 p.m., at Nutans Legion Hall, 3221 Louisa Ave. Hosted by the Nutans Senior Citizens Association. Lunch and coffee are available for a fee.

Vampire Gals

Oct. 20, 9 p.m., at TCU Place. Presented by the Saskatoon "Primal Coven." An evening of elegance and entertainment with a vampire theme. Featuring Crystal She-wolves, Don Bessette's Comedy Show and C-Wed Band. Tickets at stars.com. Hands raised support programs at the White Buffalo Lodge.

Chorus del Plantes Behavioural

Thursday evenings at 7:30 p.m. on-line/online - presented 1407 Albert Ave. A mixed adult choir with a francophone repertoire. Saskatoon's francophone choir is looking for new

members to celebrate its 25th anniversary this season. Information at 306-343-5460, choeurdelplantes@asktel.net

Comedy Night

Oct. 20, 7 p.m., at Capital Music Club, 244 First Ave. N. Featuring Steve Scott. Tickets on their Facebook page or at the door.

Gongorith Immersion Meditation

Thursday until Oct. 3, 7 p.m. to 9:30 p.m., at Queen's House Retreat and Renewal Centre, 601 Taylor St. W. A vibrational sound healing experience. This is a weekly drop-in session. Information at capritivetrans.com, 306-274-3893.

SFC Dinners

Thursdays, 7 p.m. - 10 p.m. in Room 13 at Albert Community Centre, 410 Glenview Ave. S. Saskatoon International Fellowship Club. Sponsors from

many countries around the world. Everyone is welcome. First night is free. Information at 306-374-0003, sfc.saskatoon.com.

Billy Casualty

Oct. 20, 8 p.m., at TCU Place. The Scottish coveille performs on his High Horse tour. Tickets at 306-915-7798, tcbickets.com.

Personal Investigation Live Show

Oct. 20, 9:15 a.m. to 10:45 p.m. Live stream at apts.ca/theinvestor and the author's website. Hosted by the APTN series The Other Side. The investigation takes place at the Senator Hotel in Saskatoon. The series premieres Oct. 20, 8 p.m., on APTN.

Presenting Our Stories

Oct. 30, 9 a.m. to 4 p.m., at Inloup College and Seminary, 1133 Jackson Ave. A one-day workshop

with Andrea Adey. Register at www.inloup.ca. Free includes lunch and coffee breaks. Information at 877-334-6955 ext. 234.

Second Annual Outbackfest Supper

Oct. 30, 6 p.m., at St. Matthew's Anglican Church. Entertainment by The Carmus Concerts Band. With gluten-free options. Information and tickets at 306-652-0023, saskatoon@outbackfest.com.

Nitro Circuit Live

Oct. 30, 7:30 p.m., at Saddle Centre. An action sports production with freestyle motocross, BMX and skateboarding. Featuring unique stunts. Tickets at 306-928-7800, saskatoonnitro.com.

The Travelling Madals

Oct. 30, 7:30 p.m., at Grand and in Montebello. Presented by Jokers

for Saskatchewan and Western and Arts Arts Council. The following singers perform: Tickets at jokers.com or at the door. For buffet dinner reservations call 306-965-2153, 306-267-5027.

Saskatoon Screenfest

Oct. 30, 8 p.m., at Cosmopolitan Centre, 614 1st St. E. An all ages event. Featuring Hollow Between the Hives, Confessions, in Rule, Videoblog: Vile and Simples. Tickets from bands or at the door. Discounts if you come in full costume. No fee coverings.

Halloween Bag Band 68

Oct. 30, 9 p.m., at Army, Navy and Air Force Veterans Club, 200 First Ave. N. Featuring the U.S. Bag Band Ensemble. Tickets at deanmccall@sask.ca, 306-966-6169.

Continued on Page B

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name is Chip, and I live at Beaver Creek Conservation Area. Wait my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
What's the difference between a jackrabbit and a snowshoe hare?

Nothing.

Good question because people often get confused about which is which. Both of these animals are hares and they both live at Beaver Creek, however, you can tell them apart by their different uses in size, coloring, tracks, and where you would usually see them. First, snowshoe hares are generally smaller than jackrabbits, weighing an average of 1.5kg and measuring an average of 42cm in length compared to jackrabbits which weigh 3.4kg and measure 57cm in length. Second, the color of the tail of a jackrabbit is all white and longer than the black and white tail of the snowshoe hare. Also, as the sun sets, your jackrabbit is a brownish gray with a gray body, while the snowshoe hare is more brown with a white body. Third, the tracks of the snowshoe hare and the jackrabbit are very different. The paw of a jackrabbit are long and thin when compared to the short, wide paws of the snowshoe hare. In fact, the snowshoe hare gets its name from the wide hind paws that allow it to bound easily across the snow. Finally, the jackrabbit lives on the open prairie and prairies, while the snowshoe hare is found more in forests. Send your questions to me at the address below. Don't forget badges for the winners!

Now get it, Chip!
3000 Louisa Avenue South
1st Floor on Highway 104
Post Office: R5S 1A6
Saskatoon and 403-700-1000. Chip to See
Nuts About Nature!
Email: nutsaboutnature@beaver.org



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FOUNDATION

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or visit SaskatoonCityHospitalFoundation.com

#CROSSWORD

NEW YORK TIMES

Edited by Will Shortz

ACROSS

- 1 Greeted
5 Composer (singer)
9 Throat-to-throat
14 The "it" of day
15 Country whose flag has a dagger and two wheels
16 Impressionism's major founder
17 Apartment usually? *apart*
18 Aulique
20 Clay tapestry
21 Times you might ignore details for others
22 First order
24 Cuts from
25 Record label for Kelly Clarkson and Kelly Rowland
26 The only American awarded a posthumous Nobel Prize
28 GPS user's alter
29 Acres (with)
31 End of many a sports broadcast
32 Lame and pulling a leg
35 Knowledge, e.g.
42 Cell purchase
43 Inmate

DOWN

- 1 Different (than) step
3 To "double" again
5 Head around
7 To do last items
8 Substitute a puzzle solver
9 One who acts badly
10 Concoct (rare confection)
11 Gilder of "The Thin Red Line" and "The Kite Runner"
12 Out of the ordinary
13 Reason for a beach visit
14 Powerful engines
15 Reverse bend
19 Bubbles
20 Duly or fairly
25 Word before a year on a calendar
27 Last year's annual order
28 Word before last on file
29 Eastern European people
30 Research
31 U.S. designers
32 Providing help
34 Jacks
35 Conveyance
36 Kind of beneficiary
37 "Don't worry about it"
38 A head note
40 Cause of budgeting the short
42 Intelligible
43 "Bel des idées de la Gabelle" (singer)
44 Notion: Antichrist legend
45 "The Invention of Solitude" subject
47 Vigor
48 Alternative to a download
49 Big name in mystery
50 Bring up an embarrassing story about, say
51 Big do
52 One plus one
53 Not company profiles for short
54 Standard testing shot

PHOTO BY MICHAEL J. MURPHY



AHH...SATURDAY MORNINGS

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JANUARY CLASSIC SUDOKU

Level: Gold

All in the same color: all eight numbers 1 to 9 both horizontally and vertically only once in each row, column and 3x3 sub-grid. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle will be in the Sudoku center found on Page 23.

FOOD

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

COOKIE RECIPE

No reason to fear monster cookies

By Renee Kahlman

In just a few days, ghosts, goblins, witches and Disney characters will be hitting up houses for candy. My house seems to be pretty popular among the young costumed lot. This could be because a couple of years ago I ran out of candy (this good, real Hershey chocolate bars) quite early in the game and had to hack into my stash of Lindt truffles. You know the ones: round orbs of chocolate perfection wrapped in blue, red and silver foil. Oh.

I was crushed, but the night was early and I didn't want to be one of those houses that turn off the lights and pretend no one is home. So, the truffles, three at a time, landed into the pillowcases just before me by masked little ones. I am sure the parents' eyeballs popped out of their heads when they saw what they would be snacking on later that evening.

Last year I got crushed again, but came prepared with the jumbo 180-piece box of candy at the ready. This year I assume will be no different, and my fear of running out of candy has faded. But you know what is frustrating? Typing in "Halloween Food" into the Pinterest search bar and falling deep into that rabbit hole of sugar cookie websites. Biting and crunching down "monster," "devilish" eggs with popping of evil eyeballs, pumpkins spewing forth squishy dip and Frankensteins munching on puffs. It's a slippery slope of food colouring and candy cane — one I'll leave to the Pinterest group.

Today's recipe is much more subtle, and yet incredibly edible. It even has hump hearts in it. Monster cookies are nothing to be afraid of — they are simply known to be loaded with all kinds of good stuff. Mine have healthy add-ins like large flax seeds, chopped pecans (though any nut would do), pumpkin seeds (pumpkin seeds would be great too), hump hearts (flax seeds would be a great alternative) and, of course, those festive Reese's Pieces.

You could add whatever you have in your pantry as long as the amounts are the same. To me, nuts and coconut are inherently evil, but if you like them, go ahead and throw them in. Like any great cookie, they have slightly crisp edges and a buttery, chewy middle. I like to bake more out of the oven just as they are cooking so they'll cook a little longer while they remain cooling on the baking sheet. The longer you leave them on the oven, the crispier they are going to get. I kind of love how the peanut butter, coconut, flax and sugar mingle with the nuts and seeds as every cherry bite. Served warm with a glass of cold milk, it's a snack princess and prince of all ages will be thrilled to eat this Halloween.

Monster Cookies

- > 1 cup all purpose flour
- > 1 cup large flax seeds
- > 1 tsp baking powder
- > 1 tsp salt
- > 1/2 cup butter at room temperature
- > 1/2 cup granulated sugar
- > 1/2 cup packed brown sugar packed
- > 1 large egg
- > 1 tsp pure vanilla extract
- > 1/2 cup Reese's Pieces candies
- > 1/2 cup chopped pecans
- > 1/2 cup pumpkin seeds
- > 1/2 cup hump hearts

Instructions

In a medium bowl, stir together the flour, nuts, baking powder and salt in the bowl of a stand mixer cream together the butter and sugars until smooth, about 2 minutes on medium-high speed. Be sure to scrape the bowl a few times. Add the egg and vanilla and beat on medium-high speed for another 2 minutes until it's light and creamy. You'll want to stop and scrape the bottom and sides of bowl a couple of times here too.

On low speed add the flour mixture and mix just until it all incorporated. Remove bowl from mixer and stir in the Reese's Pieces, pecans, pumpkin seeds and hump hearts by hand. Cov-



Monster cookies with an island healthy touch. (renee kahlman) www.kahlman.com

er with plastic wrap and refrigerate dough for 30 minutes. Preheat oven to 350 F. Use a 1/2 cup measure or a large ice cream scoop and scoop out cookie dough onto 2 parchment lined baking sheets, being sure to leave at least 2

inches of space between cookies. You should get 6 cookies on each baking sheet. Bake one sheet at a time in the lower third of the oven, for about 13-15 minutes rotating baking sheet halfway through. Cookies

should be lightly golden around the edges. Remove from oven and let cool completely on baking sheets. Repeat process with second baking sheet. Makes 1 dozen cookies.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridgata@thorndorpe.com. One winner will be chosen each week.



Last week's contest winner is **Sarah Blaser**. Thanks to everyone who submitted entries.



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YWCA
SASKATOON

WINE WORLD

DR. ROOZE

Wagner family produces perpetually popular white

By James Romanow

If you drink popular Californian wines, you will have consumed at least one Wagner product in your life. Probably more. They are wine entrepreneurs' expert at creating the current taste. Wine Spectator adores their wines. *Capsule* is likely their most famous product. Moments in their past recent triumph. But there's *Belle Glos*, *Mar Soleil*... the last of labels to hope. The family also happens to be at *Devonian* estate, from the Davis valley and that may explain why their greatest success is a white wine.

Most *Conservans*. They produce and sell more of it than all their other labels together, despite a high price. It is perpetually popular, a consistent seller and if you've never tried it you should.

A blend of primarily Chardonnay and Viognier sourced from all over California, it is remarkably fruity and dense. I don't know if the Wagner family is the younger generation of Wagner looking over the blending or if it is mostly a collection of the times. It has a heavy texture than most whites and a fruity finish that some people may find too perfumed to eat here.

This is a white for people who either love or loathe Riesling fans or those who have a blooded it out. There isn't any Riesling in the blend.



or at least none the label will confirm to. How even the sugar content is at the current Wagner level of about 24 grams per liter. The flavor is perfect for a pork chop with apple sauce. If you've never tried *Conservans*, you should. You may discover you, too, are a secret fan of the Wagner clan.

Conservans White 2015 \$45.00

Store: Dry Wings on Monday and a tremendous lower known Spanish wine here. Other stuff on Twitter @drbass

Crossword/Sudoku answers

RAPT	RELA	ESTOS
ARCA	OMAN	SHUSH
FIRSTDOWN	PARSE	
SKEETS	SERRIA	
SAUSAGE	KICKOFF	
RCA	MARTINI	SVS
SIDE	RECAP	
DEFENSIVE	LINE	
CHOP	NOVA	
GRA	DOCTED	MCD
REDZONE	UNITARY	
INWARD	PRESET	
GOALS	PAIRCATCH	
HIRE	HING	SEER
TRESS	ORGY	EROS

6	7	4	9	1	5	8	3	2
5	2	1	4	8	3	6	9	7
3	8	9	6	2	7	1	5	4
8	3	6	1	7	9	2	4	5
2	4	5	8	3	6	7	1	9
9	1	7	5	4	2	3	6	8
4	6	8	2	5	1	9	7	3
1	5	3	7	9	8	4	2	6
7	9	2	3	6	4	5	8	1

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DAYS LEFT**



Jim Shepherd

HEY RIDER NATION LET'S KEEP SASKATCHEWAN GREEN!!

> Your purchase of our Friends of the Riders lottery tickets can win you hundreds of thousands in cold hard green cash together with over 1,500 other major prizes.

> And now we have passed the break-even point every dollar of your purchase goes directly to the club to rebuild our beloved team and lead us back to the Grey Cup.

Turn your world green, support the Friends of the Riders Lottery today, you can't win without a ticket!!

1514 PRIZES — 1 Major Prize for every 26 tickets sold

- 1 Touchdown Cash Prizes - \$500,000.00
- 2 2015 Nissan Vehicle - \$28,990.00
- 3 Recreation Machines - \$132,500.00
- 22 Lacrosse Sporting Prizes - \$116,680.00
- 33 Vacation Trips - \$144,500.00
- 389 Electronic Prizes - \$240,200.00

- 114 Equipment & Merchandise Prizes - \$199,200.00
- 41 Jewellery Prizes - \$73,480.00
- 5 Clothing Prizes - \$5,000.00
- 250 Roughrider Gifts - \$128,000.00
- 533 Rider Trainers Scratch and Win Prizes - \$194,900.00

40,000 Tickets at \$100 each, 3 for \$250 or 4 for \$500

Main Prize Draw: Thursday, Nov. 5, 2015, 5:00 p.m. @ Mosaic Stadium



For Tickets Call Toll Free 1-800-668-1999 www.friendsoftheriders.com

Celebrating Paper Angels!

Paper Angel
Ornament
\$10

Paper Angels are residents, groups and businesses who create opportunities for adults with intellectual disabilities at Cosmo through recycling.

Kisik
Paper Angel in support of Cosmo

With the help of The StarPhoenix, Cosmo has created a glass ornament in honour of the many Paper Angels in our community. The ornament features the Cardboard Angel, Kisik (key-sik). Her name is derived from a Cree phrase meaning "the highly regarded angel."

Purchasing an ornament will assist the renovation and expansion of Cosmo and help ensure that each participant can live a better, more meaningful, and more productive life.



Call Cosmo at 306-664-3158

Cosmopolitan Industries

Creating opportunities for adults with intellectual disabilities

paperangels.ca • cosmoindustries.com